

RE-IGNITE THE MIND

with Improvisation & Play!



Taproot Theatre's "Re-Ignite the Mind" classes are designed for students with **Early Stage Memory Loss (ESML)**. Class sessions are taught by professional theatre artists and are designed to fit the needs of your class participants. Students find immediate success and improved quality of life as they learn new things, interact socially and live creatively in the moment.

In-Person Classes

Re-Ignite the Mind with Improv – *2nd Tuesday each month*

Improv students engage fully in the present moment which makes improv a perfect theatre class for individuals with Early Stage Memory Loss (ESML). There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self-confidence and social enrichment.

Dates: Second Tuesday of Every Month

Times: 12:45pm – 1:45pm

Location: Greenwood Senior Center (just up the street from Taproot Theatre!) – parking available at the senior center parking lot!

To Register: Email reignite@taproottheatre.org

Online Zoom Classes

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Re-Ignite the Mind with Imagination

This is a lightly guided, slightly slower paced class that uses improv exercises and guided imagination experiences that are designed to rely on and activate long lasting memory that can still be accessed by those with Early to Mid-Stage memory loss.

Care partners are welcome and encouraged to attend as improv can add a wonderful new dimension to shared daily life.

To engage in Taproot's monthly Early Stage Memory Loss improv class via Zoom (Z-improv) or in person, email reignite@taproottheatre.org for more details.

Taproot Theatre's Commitment to offering classes for individuals experiencing memory loss began in 2011 and has continued without interruption since that time. We are proud partners with Seattle's Momentia Movement. For more information go to: www.momentiaSeattle.org

Improv is all about saying, **YES**, to whatever happens **IN THE MOMENT** in creative play. Taproot's trained improv teachers lead our memory loss classes, and students excel in this creative setting, utilizing multiple areas of memory that still function well. The end result is a feeling of success and accomplishment in a class filled with laughter and social connection.

– Pam Nolte
Taproot Theatre Co-founder
and Teaching Artist